



# SAFEnet

October 2010

## STUDENT'S 'KEEPING IT SAFE'

NICK AUSTIN, NORTHWEST HIGH SCHOOL



The Keeping it Safe Team's, *Student's Keeping it Safe*, highlights a student or group who is making a positive impact on the community. The Keeping it Safe team will recognize each month an individual or group, between the grade levels of 6th and 12th.

October's *Student's Keeping it Safe* is Nick Austin from Northwest High School. Nick is a member of Troop 93 and currently is a Life Scout. Some of the work Nick has done while a scout is to work with the Cub Scout Day Camps for the past 5 years teaching younger men various skills. Nick has just completed his Eagle Project constructing sign posts and a kiosk for the Button Farm located in Boyds, MD. Nick is a senior at Northwest High School.

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## Newsletter Highlights



"No more, Emily - I think we've had enough!"

Remember We Are Effs and We Promised to Always Take Care of Each Other...

When enough is enough: Know the signs of Alcohol Poisoning

COMMON SYMPTOMS OF ALCOHOL POISONING INCLUDE:

- Unconsciousness
- Vomiting
- Seizures
- Slow, irregular breathing
- Hypothermia (Cold and/or Clammy)

If you see anyone with the symptoms, **CALL 9-1-1 IMMEDIATELY!**

Stay with them until help arrives

Drinking is not worth losing your best friend. Help your friends say "NO" to drinking and help prevent alcohol poisoning

**Get Local!**

**What's Happening in  
Montgomery County and  
Maryland**



Girl Talk

Choices &  
Consequences  
of  
Underage  
Drinking

**Girl Talk**

**Information for Moms of  
Teenage Girls**



**In the News**

## Questions?

Montgomery County community members can email related questions and receive updated prevention information. Please email: [safenet@montgomerycountymd.gov](mailto:safenet@montgomerycountymd.gov)

Tell a friend about SAFEnet and have them send an email to [safenet@montgomerycountymd.gov](mailto:safenet@montgomerycountymd.gov) with the subject line "SIGN ME UP"

To unsubscribe, please send email to [SAFEnet@montgomerycountymd.gov](mailto:SAFEnet@montgomerycountymd.gov) with the subject line "UNSUBSCRIBE ME"

Keeping it Safe "team" members: Montgomery County Department of Liquor Control, Montgomery County Police, Keeping it Safe Coalition, Drawing the Line on Substance Abuse Coalition, Montgomery County Safe and Drug Free Schools, Montgomery County State's Attorney's Office, Montgomery County Recreation Department, and the Montgomery County Highway Safety Office  
To become a team member, email or call Meg Baker. 240-777-6652, [meg.baker@montgomerycountymd.gov](mailto:meg.baker@montgomerycountymd.gov)

Montgomery County Department of Liquor Control

16650 Crabbs Branch Way | Rockville, MD 20855 | 240-777-1989 | [www.montgomerycountymd.gov/dlc](http://www.montgomerycountymd.gov/dlc)  
311 | [www.montgomerycountymd.gov/311](http://www.montgomerycountymd.gov/311)

## KEEPING IT SAFE

**SAFEline**- Call **301-670-SAFE** to request information on hosting under 21 alcohol free events or to report an upcoming under 21 alcohol party, event, or provider.

To report a party in progress, call the non-emergency police line at 301-289-8000.

For more information on state laws, consequences, or to order materials on Keeping it Safe, please contact the Department of Liquor Control Outreach Office, 240-777-1989, or

## Keeping it SAFE Coalition Announces 8th Annual Student Video Contest

Montgomery County Keeping It SAFE Coalition announces the 8th Annual Student Video Contest for Montgomery County middle and high school age youth groups. Youth are challenged to create a 30-second public service video that focuses on preventing under-21 alcohol use.

The contest rules, guidelines and youth awards event details will be available at [www.montgomerycountymd.gov/KIS](http://www.montgomerycountymd.gov/KIS), or by calling 240-777-6652. Entries must be received by 5 pm January 26, 2011.

For more information email [meg.baker@montgomerycountymd.gov](mailto:meg.baker@montgomerycountymd.gov).

## Keeping it Safe Coalition Receives National Award

The National Liquor Law Enforcement Association presented the John W. Britt Community Service Award to the Keeping it Safe Coalition on Under 21 Alcohol Use Prevention for its proactive approach to working with the Montgomery County Department of Liquor Control, local law enforcement and other prevention agencies to implement alcohol related educational programs to increase awareness regarding laws prohibiting underage drinking. Kudos!

## Join the Next Keeping it SAFE on Under 21 Alcohol Prevention Coalition Meeting

The KIS Team will meet on October 20, 2010 at 1 PM at the Montgomery County Department of Liquor Control Office, 16650 Crabbs Branch Way, Rockville, MD 20855. Call Meg Baker for more information, 240-777-6652.

## Montgomery County Project Prom/ Graduation

The Montgomery County Project Prom/ Graduation will kick off the new school year with their first organizational meeting on October 20, 2010 at 7:30 PM. All meetings are held at the Montgomery County Public Schools Board of Education Building located at 850 Hungerford Drive, Rockville, MD 20850. This meeting is held for public and non public high schools who will be organizing all night, after prom events. There is no charge. For more information visit [www.mcpgg.org](http://www.mcpgg.org) or call 301-515-7100.

## Adult Host Responsibility-It's the Law!

Adult Host Responsibility is a Maryland Law that holds an adult who knowingly and intentionally serves/provides an alcoholic beverage to a person he/she knows, or reasonably should know, is under the age of 21, liable for the person served and to any other person for damages resulting from host's service of alcohol. It can even extend to adults and homeowners who are not on the premise and/or did not provide the alcohol.

### State Laws & Consequences...

- Buying, furnishing or allowing youth under the age of 21 to consume or possess alcohol is illegal. Adults are civilly and legally liable.
- Adults could receive a \$2500 fine for the first offense, a \$5000 fine for the second offense. An offense counts as ONE under 21 drinker, additional underage drinkers can count as additional offenses.
- Servers/sellers of alcohol are required to protect an intoxicated person from harming themselves or others. A server will be liable if negligence is proven.
- Homeowner and auto insurance companies may drop a policy.
- Home or not home, aware or unaware of the party, you could be sued for:
  - personal injury
  - alcohol poisoning
  - sexual assault
  - vandalism
  - violence
  - car crashes: death, injuries, or car damage

### What to do...

Safeline: Call 301-670-SAFE (7233) to report an upcoming under 21 alcohol party, event, or provider.

To report a party in progress, call the non-emergency police number for assistance 301-279-8000. Call 911 if the party becomes dangerous or life threatening.

For more information on Adult Host Responsibility contact the Outreach Office at 240-777-1989

## Did you know?

**90%** of teens don't think drinking is worth the consequences it can cause.

**10.1**  
**MILLION**  
(or 26% of) youth ages  
12 to 20 report they  
consumed alcohol in the  
past 30 days.



## Information for the Mom of a Teenage Girl

### Why would your underage daughter choose to drink?

The majority of mothers and daughters surveyed by Teenage Research Unlimited listed "to fit in with friends or other kids" and "peer pressure" as the top reasons teens choose to drink. Alarming, over half of the girls say one of the TOP reasons they drink is "for fun," and 34% say they drink because they "like the feeling of being drunk."

**Moms Matter:** Moms are the most important influence in a teen's decision to drink or not to drink alcohol and involved parents who set clear rules protect their daughters against potential drinking problems. *Your daughter is listening to what you say!*

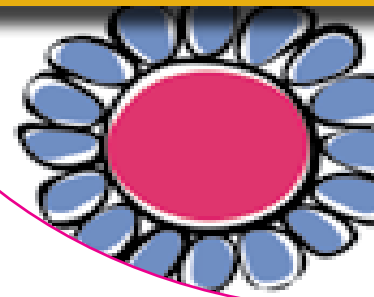
### Surveys say... **Girls** are Drinking:

- An estimated 4.5 million 12-17 year old **girls** report consuming alcohol in the past year.
- About 39% of 9th grade **girls**, usually about 14 years old, report drinking in the past month.
- Nearly 17% if **girls** ages 12-20 reported binge drinking (5 or more drinks in a row) in the past month.

### Moms! Start the Conversation Early and Have it Often:

- **LISTEN**... don't lecture or overreact!
- **BE APPROACHABLE.** The fact that your daughter may be asking about alcohol does not mean that she is drinking. Keep an open mind and try not to overreact during the discussion.
- **KEEP YOUR CONVERSATION REAL AND PERSONAL.** Seize opportunities to discuss real life situations and consequences- examples from news or experiences of people you know.
- **BE A PARENT, NOT A FRIEND.** Share your parental values and set the rules. Make it clear that underage drinking is not okay under any circumstances.
- **DISCUSS THE RISKS** of underage drinking, and not just those that are associated with drunk driving. Consider that girls are three times more likely than their mothers to believe underage drinking is okay under adult supervision away from home as long as you don't drive.
- **MAKE SURE SHE KNOWS HELP IS AVAILABLE.** Tell your daughter that if she thinks that she or a friend has a problem that you can either help or find someone who can help.
- **SUPERVISE** your daughter and know who her friends are, where they are going, and what they are doing. Encourage her to maintain friendships with other girls who make good choices and decisions.

Source: [www.girlsanddrinking.org](http://www.girlsanddrinking.org) and [www.centurycouncil.org](http://www.centurycouncil.org)



## Student's Keeping It Safe Nick Austin Northwest High School *Continued from page 1*

### 1. Why do you think your group is a positive influence on today's youth?

I think scouts benefit by teaching other youth about the outdoors. My group promotes teamwork, fitness and general fun outside.

### 2. What do you believe will make a difference in underage drinking (parents, teachers, educating, programs)?

Keep it out of site. Age limits who can go in the beer/liquor stores should be enforced. Friends need to monitor friends that are drinking and help them stay away from bad situations.

### 3. What are your future goals?

My future goals are to attend college, and learn to create computer games and do body work on cars.



## Media Detective Reduces Kids' Susceptibility to Alcohol and Tobacco Ads

Teaching even young children to think critically about alcohol and tobacco advertising may reduce their risk for using either substance in the future. In a study conducted by Innovation Research Training, Inc., of North Carolina, about 700 third to fifth graders were randomly assigned to participate in "Media Detective," a two-week course designed to boost critical thinking skills with regard to advertising, or to a waiting list.

At the end of the study, children who participated in the media literacy program, particularly boys, were significantly less interested in tobacco- and alcohol-related products than nonparticipants and reported less interest in using alcohol and tobacco in the future.

Teaching kids to recognize how advertisers try to manipulate their emotions helps them respond to youth-targeted marketing more logically, said Erica Weintraub Austin, director of the Murrow Center for Media and Health Promotion at Washington State University and coauthor of research underlying the study.

Source: September 2010 issue of *Pediatrics*

## Drinking Alcohol May Increase Risk Of Breast Cancer Returning

Results of a new study suggest that drinking alcohol after being diagnosed with breast cancer can increase the likelihood of it recurring. Breast cancer comes in many different shapes and sizes and is the third most common type of cancer to be diagnosed in American women.

The study featured 1,897 participants diagnosed with early-stage breast cancer between the years of 1997 and 2000. Researchers compared the rate of breast cancer recurrence with numbers relating to alcohol consumption to determine if alcohol could increase the risk of the cancer coming back.

Women in the study were generally light drinkers, and were followed for up to 7 years. Women who drank 4 or more drinks a week were found to be slightly more likely to experience a recurrence in their cancer than those who did not drink after being diagnosed.

Source: [www.dbtechno.com](http://www.dbtechno.com)

## Neurological Risks Associated with Teen Drinking

The cost of early heavy drinking may extend far beyond the time that drinking takes away for studies, developing social skills or even for other growing-up related tasks.

Studies show that early drinking causes damage to developing brains like that of teenagers. In fact, reports have been published telling parents that they should be worried if young children or adolescents are drinking since alcohol abuse does injury on younger brain cells more than it does to those of the adults. This corrects the presumption that people can drink heavily for years before significant damage can happen to them in later years.

This might explain why many of those who start drinking early become alcoholics as they age. An astounding 47% of those who start drinking at age 14 become alcohol dependents at some time in their life compared to only 9% of those who wait until they turn 21 before they start drinking.

Source: [www.testcountry.com](http://www.testcountry.com)

